

Get Running!

Have you always wanted to start a running program, but were never sure where to begin? Maybe you've always wanted to try your hand at a 5k but were intimidated by the thought of a "race." Now is the perfect time to set your sites on a goal and go for it! There are many different options for local 5k races throughout the summer months, most of which benefit some sort of charity or local organization. It provides a chance for you to get involved in a community event while getting in shape at the same time.

The first step is to set a realistic goal. Maybe you already have a race in mind, or maybe you just want to run 2 miles without stopping. Whatever your goal, be it a run around the block or a marathon, make sure it is realistic and will work with your schedule and other commitments. There are many different training programs available for races of various distances, and all of the information out there can be overwhelming at times. At Tri-Motion Rehab, our certified trainer can develop a running program that is tailored to you and your goals. We offer free consultations to discuss your goals and determine how we can best help you. You will find that for a 5k, the time commitment is really not that great. Even beginners can be ready in as little as 6 weeks, running 3-4 times per week.

The key to being successful in your training is to start out slow and listen to your body. It is easy to get excited in the beginning and do too much too soon. This can lead to injuries and discouragement. If you have never run before (other than in sports), or if it has been a while, ease into your program slowly. Always remember to get in a good warm up, and run at a comfortable pace. As you start out, use the "talk test" to gauge your effort. You should be able to carry on a conversation out loud with a buddy. Depending on your fitness level, you may need to start on a run/walk program until you can comfortably run for longer periods of time.

Most people are excited and highly motivated when they first commit to a goal, but over time that motivation can fall by the wayside. Here are some tips to help you stay motivated:

- Find a running buddy. It is not only fun to run with a partner, but being accountable to someone else will also ensure that you don't skip workouts. It's easier to get out there when you know someone else is counting on you.
- Treat yourself to a new running outfit. You will be more likely to run if you are wearing something that makes you feel and look good.
- Consider raising money for whatever charity your race is benefiting. When you are training, think about the people you are helping.
- Know that you will sometimes have a bad run. Don't give up, for every bad run there is a great one around the corner.
- Join a local running club or group run. These are usually made up of all types of runners at every skill level, and it is great to meet other people that can share in your goal.
- Schedule your workouts. Write them into your calendar just as you would an important meeting. You deserve that time for yourself.

Above all else, have fun with it!